

January—February 2005

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Sacramento, CA

#35294

Lambda Link

Your Connection to the Lambda Community Center

DIVERSITY MATTERS

Volume 2, Issue 1

Lambda Receives \$50,000 Grant

The Lambda Community Fund is very pleased and excited to announce that we have been chosen to be the recipient of a \$50,000 capacity building grant from the California Endowment.

The money will allow Lambda to hire a half-time Administrative Assistant, as well as make the Volunteer Coordinator and Executive Director full-time positions.

This means that Lambda will be able to grow and provide better service to our community.

The objectives that the California Endowment wants to see from Lambda by the end of 2005 are that (1) we increase the number of regular volun-

teers from 40 to 80, (2) increase clients served by 25%, and (3) implement a crisis hotline and counseling center. This means that more clients will be receiving quality services, increased professional and competent services provided by Lambda's volunteers, and a better served LGBTI community in Sacramento.

We have four target areas that will accomplish these objectives.

The first target area is that we develop a strategy for new and sustainable resource development. In order to support the additional staff hours and to evaluate and develop existing

Continued on Page 6

Lambda Awards Coming March 21, 2005

The 2005 Lambda Awards are quickly approaching. On Monday, March 21, 2005 the Lambda Community Fund will be recognizing the "Best of the Best," those wonderful people both within and outside of the LGBT Community.

Each year the Lambda Community Fund chooses individuals and organizations that show dedicated leadership and activism. They have distinguished themselves in either their service to our community, their efforts to end discrimination towards us, or to help garner equality for all people in the Sacramento Valley.

For the second year in a row, the Lambda Awards Gala will be held at the DoubleTree Hotel off Arden Way.



The DoubleTree hotel is located directly across the street from the Arden Fair Mall at 2001 Point West Way. This year the Lambda Awards will be in the Grand Ballroom.

Do you want to get involved? Would you like to have a say in the awards show, the look and overall feel of the night? Well, join the 2005 Lambda Awards Committee. Contact Lambda Awards Chairman Jason R. Kirkland, (916) 442-0185, Ext. 103, or by email at [Awards @lambdasac.org](mailto:awards@lambdasac.org).

The Lambda Awards Committee meets weekly starting Sunday, January 16, 2005, 3pm at the Lambda Community Center, 1927 "L" Street (corner of 20th and L streets) in Midtown Sacramento.

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BOARD OF DIRECTORS
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\$50	\$45	1/16 Page (Bus. Card)
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160	145	1/4 Page; 20 Sq. Inches
290	260	1/2 Page; 40 Sq. Inches
525	475	Full Page; 80 Sq. Inches

Contact Bill Snyder at bills@lambdasac.org or call him at (916) 442-0185, Ext. 105.

Bill Snyder, Editor

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What the Heck is SAMHSA OASIS?

For those of you who love acronyms, SAMHSA stands for Substance Abuse and Mental Health Services Administration and OASIS stands for Obtaining And Sustaining Independent Success.

It is the name of a federal grant program. The County of Sacramento is administrating it and has asked the Lambda Community Fund to participate.

The program is designed to serve youth aged 14 to 18 in underserved communities with serious emotional disturbances, and their families.

Two major groups of underserved youth covered by this grant are homeless youth and lesbian, gay, bisexual, and transgendered youth. Each youth who enters the program will have a Family Team Assistant (FTA) who will perform duties similar to a case/care manager and mental health service coordinator.

The FTA's primary responsibility will be to assist the youth and family in creating and convening a "Family Team." In the case of homeless youth without family support, the FTA will help youth to create their own family from friends and interested parties. The Family

Team will develop a plan that is strength-based and family driven. It will focus on the youths' strengths and what they say they need, not only what the professionals tell them they should do.

The program's goal is to improve youth outcomes by providing family-focused, individualized, culturally competent, coordinated and community-based care.

To make this all work, we need to get LGBT community representatives onto the two committees that will be operating the SAMHSA OASIS program. Bottomline: The more LGBTI participation, the bigger the LGBTI budget will be. There is a Steering Committee for managing the program and a Stakeholder's Committee made up of the youth served, their families, and their friends and allies. If you are familiar with the mental health problems of homeless or troubled LGBT youth, are one, know one, or used to be one, we can use your help!

If you can help us out, please call Bill Snyder at (916) 442-0185, or email him at bills@lambdasac.org.

Rick Oldham Elected New Treasurer

Lambda Board Member Rick Oldham is the newly elected Treasurer of the Lambda Community Fund.

Rick is on the Personnel Committee as well as the Executive Committee.

He works for Coldwell Banker Mortgage and has been in the mortgage business for 26 years.

Rick is on the Board of his church, Central Community Chapel, where his partner, Jerry Woodward, is the pastor.

Terry Sidie stepped down as Treasurer in December after many years of service, but is remaining on the Board. Rick says he hopes to live up to the standard Terry has set as Treasurer.

CGNIE Donates \$5,000 For Lambda Audit

The Court of the Great Northwest Imperial Empire has donated \$5,000 to the Lambda Community Fund to fund our annual audit.

Last year, the Lambda Community Fund had our first audit in many years and we passed it with flying colors.

Our great audit was the basis of getting our \$50,000 grant from the California Endowment. It provided proof to them that Lambda is a solid, well run organization.

Having regular annual audits will open many doors to foundations that

require them before they will give us grants. It also assures our community that we continue to operate our programs in a professional manner.

This year's audit will again be conducted by Damore, Hamric & Schneider, Inc. under the direction of Marta J. Williams, CPA, CVA.

Lambda would like to sincerely thank CGNIE, Emperor XXXI Gary Vickers and Empress XXXI Raquel Lincoln, and Heir Apparent VII Terry Sidie for all the good work they do in our community and for their very important donation.

From The Executive Director's Desk

A while back I was speaking to one of our community leaders about our dreams for the future of the Lambda Community Center. I spoke about needing more meeting rooms and classrooms, offices, a counseling center, theatre facilities, banquet facilities, a gym, a wellness center, a drop-in area, a quiet area, a coffee shop, a restaurant, maybe a laundry facility, and space for other organizations and businesses that provide services to the LGBTI community. His response was, "Oh, you mean like a real community center."

That was exactly what I had meant.

One of the complaints about Sacramento I've heard the most and, for some reason, sticks the most is that people want a LGBTI destination that's not a bar. We believe our dream facility, as I've described above, would be such a destination.

Whether or not we accomplish that is largely up to you. You are the community that the Lambda Community Center serves. We are here to provide services for you. So our dream is irrelevant if it's not what you want.

We need to hear from you and get your comments about what you want from your community center. You can

provide your comments via email to comments@lambdasac.org, via fax to (916) 325-1840, or on the web at www.lambdasac.org.

We also need your support - both financial and by volunteering. In order to provide all of the services and resources the community wants, it will take money and time. If you are interested in having a real community center, having a LGBTI destination that is not a bar, and making sure that there are the necessary services provided to your community, we urge you to go beyond providing your valuable comments.

We need your financial support and your time. I know many people feel they don't have any more to give. However, if you believe in your community and you believe in what we are trying to accomplish, I hope you will find the money and/or the time to make things happen!

One way you can help financially is

by joining the Lambda Club. The more you, the community, support your community center, the more potential sponsors and foundations are interested in providing their financial support. You can find information about the Lambda Club in this newsletter and on the web at www.lambdasac.org.

If you work for a company that provides grants or sponsors events, encourage your company to donate to the Center. Many larger companies have LGBTI employee groups within the company. If your company has such a group, contact them to get them involved.

Another way you can help is by donating your time. You can become a board member, work on a committee, help with the Lambda Awards or Sacramento Pride, or otherwise volunteer your time. If you are interested in volunteering, please contact Volunteer Coordinator Jason Kirkland at jason@lambdasac.org or (916) 442-0185 ext. 103.

The bottom line is that we need you to get involved! You are the community that the Lambda Community Center is all about. Help us to better serve you!

Freedom Fair's New Name is Sacramento PRIDE

The Lambda Freedom Fair has changed its name to Sacramento PRIDE. In an informal survey conducted after last year's Fair, about half the people surveyed did not know what the Lambda Freedom Fair was. Some surveyed had lived in Sacramento for years. When asked, all people surveyed were in favor of changing the name to Sacramento PRIDE and felt the name would better identify the event.

We also need to determine the theme for this year's Pride. The international theme for Pride 2005 is **EQUAL RIGHTS - NO MORE - NO LESS**. If you have a suggestion for a theme for Sacramento PRIDE 2005, please submit it to theme@sacpride.org.

To go with the new name, we **need a new logo** that we will use each year. We want to get the community involved in creating a logo and so **we are announcing a logo contest**. If you are a graphic artist and would like to create a logo for **Sacramento PRIDE**, please submit your idea to us no later than midnight on **January 28, 2005**. The winner will receive recognition on the website and in the program, free admission to Sacramento PRIDE, and be recognized on stage during the event. For more information on the logo contest, please go to www.sacpride.org.

Our first organizing meeting for **Sacramento PRIDE 2005** will be Saturday, January 29th from 1 - 3 pm at the Lambda Community Center. Please come and help us make Sacramento PRIDE 2005 a successful event.

Kelli's Konundrums

I recently went to San Diego to see my partner. Although she lives 500 miles away, she is still the love of my life. We have lived this long distance relationship for 10 months now, since I moved back to Sacramento (my birth town). She's not ready to move yet. So I respect her decision and only wish for her happiness even if that means that we have to live apart for this period of time. I needed to be in Sacramento for personal reasons and she respects my decision to move away from her to do the things I need to do.

Our relationship may seem a little strange on the surface. It certainly is hard being so far away from her. We had to muddle through our feelings when I was deciding that it was time for me to move. Communication was certainly the key to making it work.

While waiting at the airport this last time I visited, I found myself wondering how nice it would have been to have had positive gay/queer role models to help us get through our transition. Very few of our friends were in healthy relationships let alone long term healthy relationships. There seems to be a lack of healthy, positive relationships in our community. It seems like a miracle that we have been so lucky.

My partner and I both had done a fair amount of soul searching prior to and in the first two years of our relationship, so luckily we were fairly well prepared for this change. In those first two years of our relationship we both turned to the unhealthy relationships to draw from because there were so few healthy ones to model our relationship after. We talked frequently about what we saw in the unhealthy relationships to better define our relationship in healthy terms. We wanted to get rid of our unhealthy relationship habits to create a stronger relationship between us.

We found the single most important characteristic that we valued was respect. Respect comes in different



By Kelli Patton

forms but the two major areas of respect in a relationship are respect for yourself first and then respect for your partner. You can not truly respect others if you do not respect yourself first. We found that respect gave us a 50/50 equality in our relationship. We broke the characteristics of respect down to three areas - physical, emotional and mental.

Although these areas overlap, all

We found that giving your partner space is a way of showing respect; space to make mistakes, space to have opinions, space to grow and change emotionally, spiritually and mentally.

three characteristics had definable physical traits. Physical respect includes allowing your partner to have their own friends, their own place/space to live, to spend their money as they please and to have time alone. Emotional respect includes allowing your partner to have emotions (anger and fear among others), to be vulnerable and to be trustworthy. Mental respect includes allowing your partner to grow emotionally/mentally/spiritually, to have their own thoughts and opinions, to be able to screw up and make mistakes without judgment or reprimand from the spouse. We found it was very important to give these things to each other but also to expect it from each other as well.

Judgment, we found, was a major problem. It is hard not to judge another person but it is vital in a relationship not to judge your partner. By judging, you subconsciously tell them you do not respect them or trust them. It is so

hard to pinpoint what judgment and respect look like in a relationship. We found that giving your partner space is a way of showing respect; space to make mistakes, space to have opinions, space to grow and change emotionally, spiritually and mentally. Not giving someone this space is a form of controlling them and unless you are in a BDSM relationship with negotiated terms, you should not be controlling your partner if you are looking for a more healthy 50/50 relationship.

I know there have to be more relationships out there that are healthy and positive. Now all we have to do is get those people out in our community to guide our youth and younger men and women. Lead by example is the best way to be a positive role model. If you are in a positive healthy relationship; invite a single friend to dinner; as a couple, volunteer at the center to be a part of a youth group activity; or just get out to one of the local center activities and show your support. I would like to hear from you as well. E-mail me at kelliskonundrums@sbcglobal.net and tell me what you find positive and healthy about your relationship.

Any comments? You can send your comments to Kelli at kelliskonundrums@sbcglobal.net.

"ARE YOU READY TO FEEL MORE ALIVE?"

The gentle adjustments used in Network Chiropractic have far-reaching effects. Patients in a recent study at the University of California, Irvine, report less susceptibility to damaging stress, increased confidence in dealing with adversity, enhanced interpersonal relationships, enhanced productivity and a greater sense of overall well-being.

Come in to accelerate your healing potential today!

FAMILY CHIROPRACTIC WELLNESS CENTER

RICK BONAR, D.C.

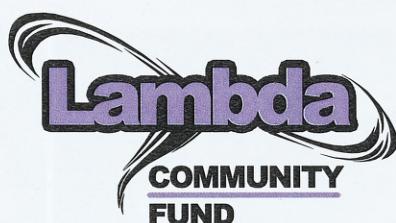
2222 Loma Vista Drive

Sacramento, CA 95825

(Off Fulton between Alta Arden & El Camino)

(916) 952-1388





Join the Lambda Community Fund Club and You Help:

- A teen in crisis find a safe place and receive assistance
- A troubled LGBTI person receive professional counseling
- An LGBTI teenager find placement within an open/welcoming family through our foster care program
- An LGBTI community member feel connected with others in a group setting
- A newly diagnosed HIV/AIDS youth adjust with group support
- A hate crime victim find justice through the reporting process

For 20 years, the Lambda Community Fund has operated the Lambda Community Center, which annually provides programs to over 10,000 members of Sacramento's LGBTI community.

Only at **Lambda** can you find a full range of men's and women's discussion and coming out groups.

Only at **Lambda** can you find LGBTI youth discussion groups.

Help Us Grow and Improve

As the greater Sacramento region continues growing, so do the needs of its LGBTI community. And as these needs grow, the Lambda Community Fund has to rise up to meet these new needs.

In the coming months, Lambda will be rolling out exciting new programs. Many of these services are necessities, and do not yet exist in Sacramento including:

Our Counseling Program A collaboration with CSUS that will provide a free/low-cost across-the-board program to all parts of the LGBTI community.

Our Crisis Hotline Will handle all types of LBGTI crisis topics, both youth and adult, and will be available 24-hours a day.

Our Foster Parent/Adoptive Parent Recruitment Program Will greatly increase the number of LGBTI kids placed in welcoming households.

Here is what you get for joining:

Basic Membership \$36 a Year

Household \$60 a Year

Students, Youth, Seniors, People with Disabilities, Low Income Membership \$15 a Year

- Membership Card (10% discount at most Lambda events)
- Monthly Newsletter
- Invitation to Annual Membership Meeting

Sustaining Membership \$120 to \$999 a Year

(\$10 per month to \$84 per month)

- All the above plus: Two tickets to the Lambda Freedom Fair
- Recognition Certificate
- Invitation to Annual Christmas Party
- Other special President's Circle events

Patron's Membership \$1,000 to \$9,999 a Year (\$85 per month to \$835 per month)

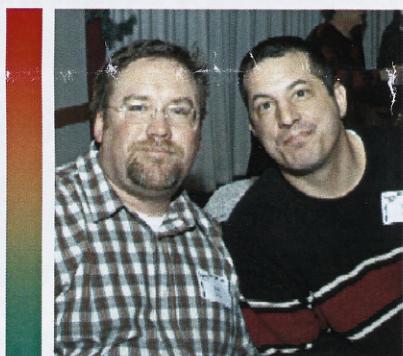
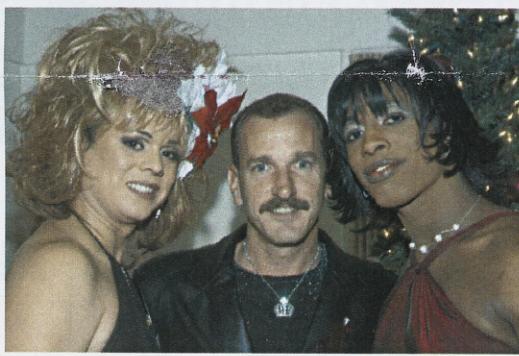
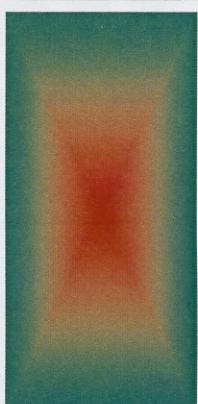
- All the above plus: Invitation to the President's Reception
- Two tickets to the Annual Lambda Awards
- Listing in Annual Report
- Listing on our website for a year

President's Circle \$10,000 and Up a Year (Over \$835 per month)

- All the above plus: President's Circle Lapel Pin
- A Table at the Annual Lambda Awards
- Four tickets to the exclusive Annual President's Circle Reception
- Plaque presented at Annual President's Circle Reception
- Permanent recognition in lobby of Lambda's New Location
- Other special President's Circle events

To join, please use the enclosed envelope or come by the Center.

Party Pictures



\$50,000 Grant *Continued from Page 1*

and new programs. Lambda must develop and maintain a financial stability for current needs and future growth. We have increased the number of fund raising events this year to six from one last year. We are establishing a membership drive to increase individual giving and getting the community to invest in itself. We are working hard to secure grants and individual and corporate giving to supply endowment funds that will provide continuing income for Lambda's operating expenses.

The second target area is to develop a crisis hotline and counseling program. Lambda has developed a partnership with California State University, Sacramento's Counselor Educa-

tion Department to obtain a grant to create and maintain our second target. Department interns will be utilized to provide these much needed services.

The third target area is to develop programs for homeless LGBTI youth. Lambda is working on a collaboration with Sierra Adoption Services, Stanford Home for Children, Sacramento County's Long Term Placement, and foster care agencies to create programs that educate various agencies on LGBTI issues as well as developing programs targeting the LGBTI homeless youth population including emergency shelter, short-term shelter, foster care, and adoption services.

The last target area is to relocate from our outgrown facility to a new location that better supports the programs. Due to the number of programs

and attendance of some programs, Lambda does not have adequate meeting and office spaces and not all meeting rooms are fully accessible. Also, there is little room for future growth. Lambda is working to obtain financial and logistics assistance to acquire a new location that will meet our needs for the foreseeable future.

If you would like to help Lambda to accomplish these worthy goals, you can volunteer to be on one of our committees and you can donate to any of these projects. For more information on volunteering, please contact Jason Kirkland at 442-0185, Ext. 103. For more information on donating, please call the Lambda Center at 442-0185. You can also go to our website at www.lambdasac.org.

Volunteer Recognition

In May of 2004, the Lambda Community Center began a Volunteer Recognition program to honor, thank, and acknowledge the hard work and devotion of our diverse Volunteer Staff. We have two different recognition levels for our wonderful Volunteers. The Volunteer of the Month goes to the people who distinguish themselves with outstanding service for a particular month. Our Volunteer of the Quarter goes to that person who stands above the oth-

ers with their dedication and over-the-top efforts in a quarter.

Now that we are in 2005, we would like to recognize 2004's winners and extend a very sincere thank you: 1st Quarter-Amy Kirkland, 2nd Quarter-David Z. Sodergren, 3rd Quarter-Paul Cox, 4th Quarter-Jeff Blagg, May-Scott Anthony, June-Jay Hyde, July-Michael Olvera, Aug.-Marilyn Gerhard, Sept.-Kelli Patton, Oct.-Marco Flores, Nov.-Lauren Wagner, Dec.-Rebecca Sanders.



Marco Flores (left) is Volunteer of the Month for October and Rebecca Sanders (right) is Volunteer of the Month for December.

LAMBDA GROUPS AND PROGRAMS

Next Step - Fridays, 6:30 - 8:00

For Youth, By Youth - Wednesdays, 6:30 - 8:00

Hate Crimes Task Force - Call (916) 442-0185

Lambda/Breaking Barriers Youth Group - Fridays, 8:00 - 9:30

Lambda Community Fund Board Meeting - 3rd Wednesday of the Month, 6:00 - 8:00

Lambda Volunteer Orientation - 3rd Sunday of the Month, 10:00 - Noon

Legal Referral Clinic - Mondays, 6:30 - 9:00

Men's Coming Out Group - Mondays, 6:00 - 7:30

Men's Discussion Group - Mondays, 6:30 - 8:00

Survivors of Domestic Violence/Sexual Assault by WEAVE - Tuesdays, 6:00 - 7:00

Women's Coming Out Group - Sundays, 6:00 - 7:30

Womyn On Wednesdays - Wednesdays, 7:00 - 9:00

Call the Lambda Community Center for more details, (916) 442-0185, or check out the Calendar on our website at lambdasac.org.



PHOTOGRAPHY
by Larry

unions • portraits • events
weddings/receptions

916-645-8447

www.1-800-916-foto.com/rainbow

GROUPS AND ORGANIZATIONS MEETING AT THE CENTER

Capitol Crossroads Gay Rodeo Association - Specific Sundays, 1:00 - 3:00, www.ccgra.org

Gay Traffic School - Specific Saturdays, 9:00 - 5:00

GLSEN of Greater Sacramento Board Meeting - 2nd Wednesday of the Month, 6:30 - 9:00, www.geocities.com/sacglsen

Lambda Letters Project - Specific Saturdays, 11:00 - 5:00, www.lambdaletters.org

M.A.N.S. - 2nd Tuesday, 7:30 - 9:00

Over the Rainbow Group of NA - Mondays, 8:00 - 9:00, www.na.org

Reiki Healing Circle - 3rd Sunday of the Month, 2:00 - 4:00, www.reikiproject.org

Sacramento Gender Association - 2nd Saturday of the month, 6:30 - 9:00, www.transgender.org/sga

Sacramento Lesbians of Color - 3rd Thursday of the Month, 7:00 - 9:00

SacLEGAL Board Meeting - 2nd Wednesdays, 5:30 - 6:30

Sacramento Valley Leathermen - 3rd Tuesday of the month, 7:30 - 9:00, www.svlclub.org

Sacramento Valley Veteran's - 1st Wednesday of the month, 7:00 - 8:00, www.sacvalleyveterans.com

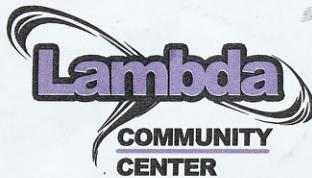
SACWN - 1st Thursdays, 7:00 - 9:00

Samaritan Center Board Meeting - 2nd Monday of the Month, 6:00 - 7:00

Sexual Compulsives Anonymous - Sundays, 5:00 - 6:30, www.sca-recovery.org

Weight Watchers - Tuesdays, 5:00 - 5:45; Thursdays, 5:30 - 6:30; Saturdays, 7:30 - 8:30 and 9:00 - 10:00, www.weightwatchers.com

Zuna Institute - 2nd Saturdays, 11:00 - 1:00, www.zunainstitute.org



Lambda Community Fund

1927 L Street
Sacramento, CA 95814

Hours: Monday-Friday, Noon - 9 pm
Saturday, 9 am - 9 pm
Sunday, 10 am - 6 pm

Phone: (916) 442-0185
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Website: www.lambdasac.org
Tax ID: 94-2502229

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Volunteer Coordinator
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Ext. 103

15209-10

LLACE
1414 21st Street
Sacramento, CA 95814

Lambda Awards

The Lambda Community Fund will be honoring the "Best of the Best", those wonderful people, both inside and outside the LGBT community, who have distinguished themselves in either their service to our community or their efforts to end discrimination towards us.

This promises to be a sold out event, so purchase your tickets now.

Nominations for the Lambda Awards begin January 1, 2005 through February 7, 2005. To nominate someone please go to our website www.lambdasac.org/awards

awards@lambdasac.org

Date: Monday, March 21, 2005
Location: Doubletree Hotel
2001 Point West Way (Across from Arden Fair Mall)
Time: 6pm - 10pm
Cost: \$75 a ticket in advance
\$85 at the door
\$800 for sponsor table of 10